

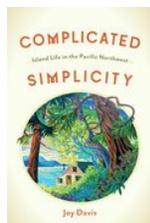
The Bulldog and the Helix: DNA and the Pursuit of Justice in a Frontier Town

Shayne Morrow

An investigative reporter traces the role of DNA evidence in two groundbreaking murder cases involving young girls killed two decades apart in the same town. In 1977, the industrial town of Port Alberni was shaken by the brutal murder of twelve-year-old Carolyn Lee, who had been abducted while walking home from her dance class. In 1996 the town was devastated again when eleven-year-old Jessica Stutes disappeared while chasing foul ... [\[more\]](#)

9781772032505
Paperback | \$22.95
True Crime
May 14, 2019
Ctn Qty: 1

Heritage House Publishing
288 pages



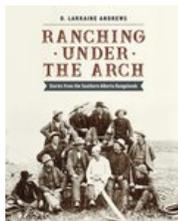
Complicated Simplicity: Island Life in the Pacific Northwest

Joy Davis

A frank, practical, and entertaining exploration of the pleasures and complexities of living on small islands. Many people dream of living simple lives on small islands, but few are aware of some of the unique challenges that accompany this distinctive lifestyle. From negotiating surrounding waters to creating a sustainable home and making a viable life away from urban conveniences ... [\[more\]](#)

9781772032703
Paperback | \$22.95
Nature
Apr 16, 2019
Ctn Qty: 1

Heritage House Publishing
288 pages



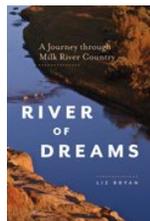
Ranching under the Arch: Stories from the Southern Alberta Rangelands

D Lorraine Andrews

A visually rich, historically epic tale of cattle ranching in southern Alberta, focusing on multi-generational family-owned ranches that are still in existence today. In the 1880s, a group of fledgling cattle ranchers descended on the plains of southern Alberta. They were drawn by the promise of the West, where the grass seemed endless and they could ranch under the arch of the Chinook—the warm Pacific wind that ... [\[more\]](#)

9781772032727
Paperback | \$29.95
History
May 21, 2019
Ctn Qty: 1

Heritage House Publishing
288 pages



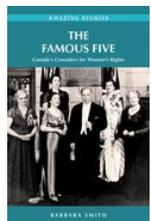
River of Dreams: A Journey through Milk River Country

Liz Bryan

A picturesque, reflective journey along the route of the ancient Milk River, from southern Alberta into northern Montana. The Milk River is a small and dreamy river, flowing lazily through some of the loneliest lands of North America, the dry plains of Alberta and Montana. Dwarfed by such giants as the Saskatchewan and Mississippi Rivers, it is indeed as meek as its name, virtually unknown to most North Americans. Yet few streams can match its ... [\[more\]](#)

9781772032413
Paperback | \$19.95
Travel
May 21, 2019
Ctn Qty: 1

Heritage House Publishing
160 pages



The Famous Five: Canada's Crusaders for Women's Rights

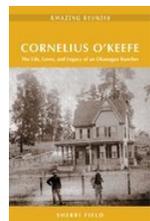
Amazing Stories

Barbara Smith

A concise history of the five women who changed the course of history and brought Canadians one step closer to equality. On August 27, 1927, five women gathered at a house on Edmonton's Southside to sign a letter that would change the course of Canadian history. Those women were Emily Murphy, Nellie McClung, Louise McKinney, Irene Parley, and Henrietta Muir Edwards, who would become known as the Famous Five. The meeting of the wome ... [\[more\]](#)

9781772032338
Paperback | \$9.95
History
Apr 9, 2019
Ctn Qty: 1

Heritage House Publishing
144 pages



Cornelius O'Keefe: The Life, Loves, and Legacy of an Okanagan Rancher

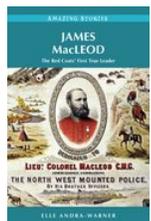
Amazing Stories

Sherri Field , Ken Mather

An entertaining biography of cattle baron and land magnate Cornelius O'Keefe, founder of the Historic O'Keefe Ranch. From humble beginnings to a life of prosperity in the heart of the Okanagan Valley, Cornelius O'Keefe is best known today through the historic ranch in Vernon, BC, that still bears his name. Established in 1867, the O'Keefe Ranch was at one time the largest cattle ranch in the region, with thousands of head of cattle grazing in the ... [\[more\]](#)

9781772032482
Paperback | \$9.95
History
Apr 9, 2019
Ctn Qty: 1

Heritage House Publishing
160 pages



James Macleod: The Red Coats' First True Leader

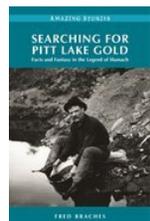
Amazing Stories

Elle Andra-Warner

A descendant of warriors, chiefs and military men of the Clan MacLeod, James A.F. Macleod led an adventurous life that took him from his birthplace on Scotland's Isle of Skye to the Canadian west. After immigrating to Ontario, Macleod became a lawyer and militia officer before joining the effort to quell the 1870 Red River Rebellion. In 1874, he was appointed assistant commissioner of the newly formed North West ... [\[more\]](#)

9781927051757
Paperback | \$9.95
Biography & Autobiography
Apr 9, 2019
Ctn Qty: 1

Heritage House Publishing
160 pages



Searching for Pitt Lake Gold: Facts and Fantasy in the Legend of Slumach

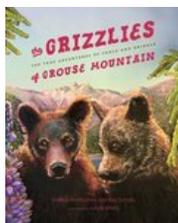
Amazing Stories

Fred Braches

A smart, concise analysis of the legend of Slumach's Gold, which strives to uncover the truth behind this mythical gold deposit said to be hidden north of Pitt Lake. British Columbia is gold country, and with gold comes legends that have been passed down through the generations. Ever since the Fraser Canyon gold rush, prospectors and adventurers have been looking for a mysterious, supposedly rich gold deposit in the ... [\[more\]](#)

9781772032765
Paperback | \$9.95
History
Apr 9, 2019
Ctn Qty: 1

Heritage House Publishing
144 pages



The Grizzlies of Grouse Mountain: The True Adventures of Coola and Grinder

Shelley Hrdlitschka 🍁, Rae Schidlo 🍁, Linda Sharp 🍁

A beautifully illustrated and educational children's book that tells the true life story of Grouse Mountain's famous resident grizzly bears. Coola and Grinder are two adult grizzly bears living at the "peak of Vancouver" on Grouse Mountain. For the past eighteen years they have been among the mountain's biggest attractions. People from all over the world flock to see these magnificent creatures, who live in a five-acre...

[\[more\]](#)

9781772032772
Hardcover | \$19.95
Juvenile Nonfiction
Apr 16, 2019
Ctn Qty: 1

Heritage House Publishing
48 pages



Wildlife of Western Canada

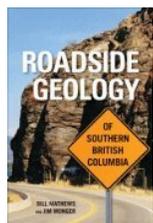
Tom Hunter 🍁

This beautifully illustrated, fact-filled book teaches children about the hundreds of wildlife species that live across Western Canada. Praise for Tom Hunter: "[Hunter's] drawings are accurate. The animals look as if they could step off the page."—Canadian Library Association Western Canada is home to thousands of distinct species of mammals, birds, fish, reptiles, amphibians, and insects. Highlighting over two hundred animals found...

[\[more\]](#)

9781772031201
Paperback | \$12.95
Juvenile Nonfiction
Apr 15, 2019
Ctn Qty: 1

Heritage House Publishing
136 pages



Roadside Geology of Southern British Columbia

Bill Mathews 🍁, Jim Monger 🍁

"You are not going to want to drive anywhere in southern BC without it! Fabulous content-rich in roadside detail along with Jim Monger's big-picture context." —Jim Ryan, newsletter of the Cordilleran Section of the Geological Association of Canada. Roadside Geology of Southern British Columbia explains the province's tumultuous geologic history in simple terms. Thirty-one descriptive guides, complete with maps, photographs and...

[\[more\]](#)

9781926613345
Paperback | \$24.95
Nature
May 25, 2010
Ctn Qty: 24

Heritage House Publishing
416 pages



Stories from the Magic Canoe

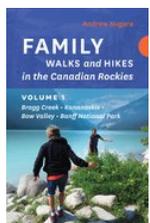
Cecil Paul 🍁, Briony Penn 🍁, Roy Henry Vickers 🍁

A remarkable and profound collection of reflections by one of North America's most important Indigenous leaders. My name is Wa'xaid, given to me by my people. 'Wa' is 'the river', 'Xaid' is 'good' — good river. Sometimes the river is not good. I am a Xenaksiala, I am from the Killer Whale Clan. I would like to walk with you in Xenaksiala lands. Where I will take you is the place of my birth. They call it the Kithlone. It is called Ya...

[\[more\]](#)

9781771602952
Hardcover | \$30.00
Biography & Autobiography
May 7, 2019
Ctn Qty: 1

RMB | Rocky Mountain Books
224 pages



Family Walks and Hikes in the Canadian Rockies - Volume 1: Bragg Creek - Kananaskis - Bow Valley - Banff National Park

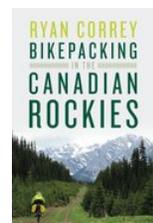
Family Walks and Hikes
Andrew Nugara 🍁

Family Walks and Hikes is an exciting new series of books written specifically for outdoor enthusiasts of all ages and abilities. These accurate, attractive guides feature expertly curated routes, informative maps, and colour photographs. The first book for the Canadian Rockies in the series brings together an inspiring collection of comfortable walks and spectacular hikes for visitors and locals looking for unique, guided wanderings in a number of...

[\[more\]](#)

9781771602242
Paperback | \$20.00
Travel
May 14, 2019
Ctn Qty: 1

RMB | Rocky Mountain Books
192 pages



Bikepacking in the Canadian Rockies

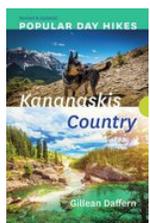
Ryan Correy 🍁

The first full-colour guidebook introducing backcountry cyclists to the exciting and increasingly popular world of bikepacking. Before his untimely death from cancer in 2018, veteran rider and passionate cyclist Ryan Correy (two-time finisher of the Tour Divide, founder of Bikepack Canada and author of A Purpose Ridden) pedaled his way through the most popular national parks in the Canadian Rockies in order to complete his work on this...

[\[more\]](#)

9781771602372
Paperback | \$25.00
Travel
May 19, 2019
Ctn Qty: 1

RMB | Rocky Mountain Books
192 pages



Popular Day Hikes: Kananaskis Country - Revised & Updated

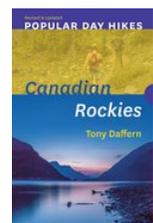
Popular Day Hikes #1
Gilleen Daffern 🍁

Featuring a fresh design and the most current route updates, Popular Day Hikes is a series of bestselling books written for visitors and locals looking to hike scenic trails from well-established staging areas. Alberta's favourite destination for outdoor enthusiasts, Kananaskis Country is located on the eastern slopes of the Canadian Rockies, just a short drive west of Calgary. The areas of Canmore, Bow Valley, Peter Lougheed Provincial Park, Highway...

[\[more\]](#)

9781771602655
Paperback | \$20.00
Travel
May 14, 2019
Ctn Qty: 1

RMB | Rocky Mountain Books
152 pages



Popular Day Hikes: Canadian Rockies - Revised & Updated

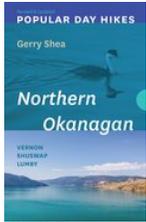
Popular Day Hikes #2
Tony Daffern 🍁

Featuring a fresh design and the most current route updates, Popular Day Hikes is a series of bestselling books written for visitors and locals looking to hike scenic trails from well-established staging areas. Popular Day Hikes: Canadian Rockies covers 37 popular, accessible trails in one of the world's most stunningly beautiful natural environments. Featuring easy short-day walks, strenuous full-day hikes and the occasional easy...

[\[more\]](#)

9781771602679
Paperback | \$20.00
Travel
May 14, 2019
Ctn Qty: 1

RMB | Rocky Mountain Books
152 pages

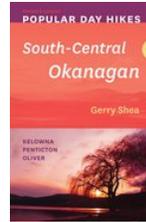


Popular Day Hikes: Northern Okanagan - Revised & Updated: Vernon - Shuswap - Lumby
Popular Day Hikes #3
 Gerry Shea

9781771602457
 Paperback | \$20.00
Travel
 May 14, 2019
 Ctn Qty: 1

Featuring a fresh design and the most current route updates, Popular Day Hikes is a series of bestselling books written for visitors and locals looking to hike scenic trails from well-established staging areas. Popular Day Hikes: Northern Okanagan details 39 popular day trips amid the stunning, open terrain of the British Columbia interior, from Grindrod in the north to Vernon in the south and between the Okanagan Valley and the Shuswap ... [\[more\]](#)

RMB | Rocky Mountain Books
 152 pages



Popular Day Hikes: South-Central Okanagan - Revised & Updated: Kelowna - Penticton - Oliver
Popular Day Hikes #5
 Gerry Shea

9781771602778
 Paperback | \$20.00
Travel
 May 14, 2019
 Ctn Qty: 1

Featuring a fresh design and the most current route updates, Popular Day Hikes is a bestselling series of books written for visitors and locals looking to hike scenic trails from well-established staging areas. Located in south-central British Columbia and situated between the Cascade and Columbia mountain ranges, the Southern Okanagan Valley extends from Kelowna to Osoyoos. Popular Day Hikes: South-Central Okanagan describes 35 ... [\[more\]](#)

RMB | Rocky Mountain Books
 152 pages

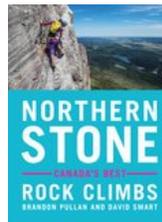


Popular Day Hikes: Vancouver Island - Revised & Updated
Popular Day Hikes #4
 Theo Dombrowski

9781771602839
 Paperback | \$20.00
Travel
 May 14, 2019
 Ctn Qty: 1

Featuring a fresh design and the most current route updates, Popular Day Hikes is a series of bestselling books written for visitors and locals looking to hike scenic trails from well-established staging areas. This unique and colourful guidebook sorts through all of the various possibilities and selects for the reader the very best day hikes on Vancouver Island, with locations throughout the region, including: Carmanah, Walbran, Matheson ... [\[more\]](#)

RMB | Rocky Mountain Books
 152 pages



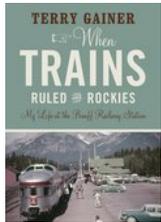
Northern Stone: Canada's Best Rock Climbs

Brandon Pullan, David Smart

9781771602600
 Paperback | \$40.00
Sports & Recreation
 Apr 25, 2019
 Ctn Qty: 1

A stunning, full-colour climbing guide that focuses on 65 of Canada's best rock climbs. With over 50 years of combined climbing experience between them, authors Brandon Pullan and David Smart have spent countless hours debating and reviewing Canadian climbs to settle on the routes chosen for this book. In order to make the list, the route is popular enough to be well-travelled, have fixed protection and established descent routes. [\[more\]](#)

RMB | Rocky Mountain Books
 304 pages



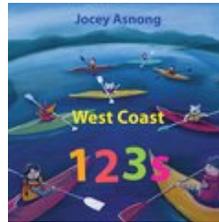
When Trains Ruled the Rockies: My Life at the Banff Railway Station

Terry Gainer

9781771603010
 Paperback | \$22.00
History
 Apr 12, 2019
 Ctn Qty: 1

When Trains Ruled the Rockies is a personal history of the Banff train station from 1948 through 1962. Drawn from Terry Gainer's personal memories and experiences from his years living and working at the legendary Banff Railway Station, this entertaining memoir and important historical record beckons the reader into the golden age of railway travel in the mountains of western Canada. Complete with a selection of archival photos ... [\[more\]](#)

RMB | Rocky Mountain Books
 240 pages



West Coast 123s

Jocey Asnong

9781771603027
 Boardbook | \$12.00
Juvenile Nonfiction
 Apr 15, 2019
 Ctn Qty: 1

Hooray! Time for a new and colourful 123 adventure with bestselling children's author and illustrator Jocey Asnong, along the remarkable west coast of Canada. Jocey Asnong's vibrant and whimsical illustrations take readers kayaking through Cowichan Bay, surfing with starfish and sea otters at Tofino, and swimming with sea wolves in the Great Bear Rainforest. From canoeing through ... [\[more\]](#)

RMB | Rocky Mountain Books
 28 pages



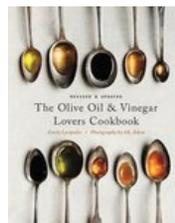
Everyone's Welcome: The Art of Living and Eating Allergen Free

Amanda Orlando

9781771512732
 Hardcover | \$40.00
Cooking
 May 7, 2019
 Ctn Qty: 1

Easy, delicious recipes and helpful tips to inspire confidence in adults who live with life-threatening allergies. Not everyone outgrows childhood allergies. When Amanda Orlando learned firsthand that the social and emotional impact of anaphylactic reactions affects adults, she started blogging about it, and EverydayAllergenFree.com was born. Her new cookbook, Everyone's Welcome, is for people with anaphylactic allergies to any of the "big eight" ... [\[more\]](#)

TouchWood Editions
 224 pages



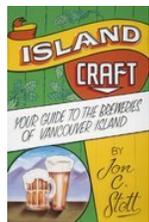
The Olive Oil and Vinegar Lover's Cookbook : Revised and Updated Edition

Emily Lycopoulus

9781771513029
 Hardcover | \$45.00
Cooking
 Jun 4, 2019
 Ctn Qty: 1

A brand-new updated edition of The Olive Oil and Vinegar Lover's Cookbook, which has sold more than 13,000 copies to date. There's nothing like fresh extra-virgin olive oil, infused and fused olive oils, and flavoured white and balsamic vinegars—but how, exactly, do we use them? Elevate the flavour of your fare using products like Rosemary or Herb de Provence infused olive oil, Blood Orange fused olive oil, Arisot white balsamic ... [\[more\]](#)

TouchWood Editions
 368 pages



Island Craft: Your Guide to the Breweries of Vancouver Island

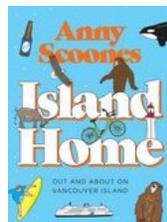
Jon C Stott

A timely exploration of the vibrant and growing craft beer scene on Vancouver Island. Hopheads, rejoice! Take the ultimate beer-lover's road trip from Victoria, BC's craft beer capital, to Campbell River, visiting almost forty craft breweries and brewpubs in between. Your guide? Jon Stott, born and bred in Victoria—and beer enthusiast extraordinaire. In 1961, Vancouver Island had just one brewery. In 2018, Stott visited thirty-three brewer...

9781771512923
Paperback | \$25.00

Cooking
May 7, 2019
Ctn Qty: 1

TouchWood Editions
288 pages



Island Home: Out and About on Vancouver Island

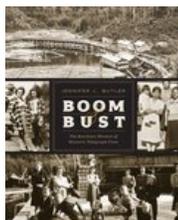
Anny Scoones

A collection of humorous essays about Vancouver Island's unique quirks by the convivial and thoughtful storyteller Anny Scoones. Vancouver Island and the Gulf Islands are celebrated for their ineffable charisma, laid-back pace, and distinct grooviness. Anny Scoones travels the length of Vancouver Island to explore the nooks and crannies of coastal communities, inland towns, and iconic places, sharing observations, musings, and...

9781771512589
Paperback | \$20.00

Humor
Apr 23, 2019
Ctn Qty: 1

TouchWood Editions
240 pages



Boom & Bust: The Resilient Women of Historic Telegraph Cove

Jennifer Butler

A century of life in Telegraph Cove as told by the resourceful and resilient women who turned this isolated coastal village into a tight-knit community. Telegraph Cove, one of Vancouver Island's most visited tourist destinations, has humble origins as a one-shack telegraph station, established a century ago. The community grew, first with a salmon saltery and cannery, then with new industries developed by the incor...

9781771512985
Paperback | \$26.00

History
Jun 4, 2019
Ctn Qty: 1

TouchWood Editions
368 pages



Along the E&N: A Journey Back to the Historic Hotels of Vancouver Island

Glen A Mofford

An exploration of the fascinating history of more than thirty historic hotels—with some still in operation—nestled along Vancouver Island's E&N Railway, spanning from Esquimalt to Campbell River. In 1886, Vancouver Island's E&N rail service was established to carry coal to smelters and ships, and the towns in the railway's path prospered as the tracks expanded and passenger travel flourished. Along the E&N celebrates the historic...

9781771512879
Paperback | \$20.00

History
May 7, 2019
Ctn Qty: 1

TouchWood Editions
272 pages



A Deceptive Devotion
A Lane Winslow Mystery #6
Iona Whishaw

Wedding bells, a grisly murder, and a defecting Russian spy bring drama to King's Cove in the newest Lane Winslow mystery, a series that the Globe and Mail calls "terrific." A wedding is on the horizon for Lane Winslow and Inspector Darling. As one of the few Russian speakers in her community, Lane is obliged to act as translator and hostess for Countess Orlova, an elderly Russian woman who has tracked her missing brother to the Na...

9781771513005
Paperback | \$16.95

Fiction
Apr 23, 2019
Ctn Qty: 1

TouchWood Editions
368 pages



Meteorites: Stories

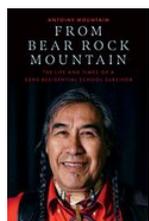
Julie Paul

A collection of captivating stories that explore family dynamics and frailty, loss and atonement, faith and redemption. A young man takes his father to Hawaii, even though he's been dead for months. An organ player won't let her newly amputated arm stand in the way of Sunday duties. A grad student decides to take the fate of a homeless man into his own hands. A couple of animals...

9781927366820
Paperback | \$22.00

Fiction
Jun 4, 2019
Ctn Qty: 1

Brindle & Glass Publishing
224 pages



From Bear Rock Mountain: The Life and Times of a Dene Residential School Survivor

Antoine Bear Rock Mountain

In this poetic, poignant memoir, Dene artist and social activist Antoine Mountain paints an unforgettable picture of his journey from residential school to art school—and his path to healing. In 1949, Antoine Mountain was born on the land near Radellie Koe, Fort Good Hope, Northwest Territories. At the tender age of seven, he was stolen away from his home and sent to a residential school—...

9781927366806
Hardcover | \$30.00

Biography & Autobiography
May 21, 2019
Ctn Qty: 1

Brindle & Glass Publishing
272 pages



A Year on the Wild Side: A West Coast Naturalist's Almanac

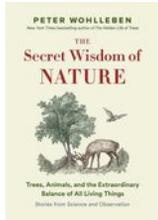
Briony Penn

A freshly designed, new edition of a funny weekly chronicle that offers a year-long, intimate view of the flora and fauna populating the West Coast. A Year on the Wild Side is a witty commentary on the social and natural history of Vancouver Island. Composed of short, readable essays arranged into 12 monthly chapters, this engaging book reveals the magic and humour of the natural world and reminds us of our place within it. As the weeks pass...

9781771512671
Paperback | \$26.00

Nature
Mar 19, 2019
Ctn Qty: 1

TouchWood Editions
400 pages



9781771643887
Hardcover | \$29.95
Science
Mar 5, 2019
Ctn Qty: 1

The Secret Wisdom of Nature: Trees, Animals, and the Extraordinary Balance of All Living Things -- Stories from Science and Observation
Mysteries of Nature Trilogy #3
Peter Wohlleben, Jane Billinghamurst

The final book in The Mysteries of Nature trilogy by the New York Times bestselling author of The Hidden Life of Trees, Peter Wohlleben. Nature is full of surprises: deciduous trees affect the rotation of the Earth, cranes sabotage the production of Iberian ham, and coniferous forests can make it rain. But what are the processes that drive these incredible phenomena? And why do they matter? In The Secret Wisdom of Nature, master...

Greystone Books Ltd.
272 pages



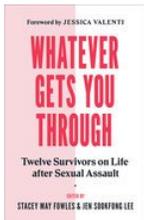
9781771644488
Hardcover | \$32.95
Biography & Autobiography
Mar 31, 2019
Ctn Qty: 1

This One Looks Like a Boy: My Gender Journey to Life as a Man

Lorimer Shenher

Inspiring and honest, this unique memoir of gender transition and coming-of-age proves it's never too late to find your true identity. Since he was a small child, Lorimer Shenher knew something for certain: he was a boy. The problem was, he was growing up in a girl's body. In this candid and thoughtful memoir, Shenher shares the story of his gender journey, from childhood gender dysphoria to teenage sexual experimentation to early-adult detour...

Greystone Books Ltd.
304 pages



9781771643733
Paperback | \$22.95
Social Science
Apr 16, 2019
Ctn Qty: 1

Whatever Gets You Through: Twelve Survivors on Life after Sexual Assault

Stacey May Fowles, Jen Sookfong Lee, Jessica Valenti

Personal stories of surviving after the trauma of sexual assault. In the era of #MeToo, we've become better at talking about sexual assault. But sexual assault isn't limited to a single, terrible moment of violence: it stays with survivors, following them wherever they go. Through the voices of twelve diverse writers, Whatever Gets You Through offers a powerful look at the narrative of sexual assault not covered by the headlines—the weak...

Greystone Books Ltd.
224 pages



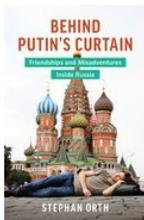
9781771644372
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Social Science
Apr 30, 2019
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Inside an Honor Killing: A Father and a Daughter Tell Their Story

Lene Wold

A shockingly intimate look at the world of honor killings, as seen through the eyes of both the perpetrators and the victims. What drives a person to murder their sister, mother, or daughter? What is life like in a society in which women are imprisoned for their own "protection," while their potential killers walk free? In this powerful and affecting book, writer and journalist Lene Wold offers a rare window into the world of "honor killings"—the controversial...

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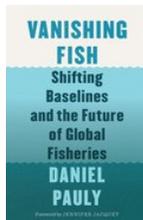
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Travel
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Behind Putin's Curtain: Friendships and Misadventures Inside Russia

Stephan Orth

An unconventional travelogue of a country that inspires both fear and fascination. "In the late summer of 2016," writes award-winning travel writer Stephan Orth, "a journey to Russia feels like visiting enemy territory." In this humorous and thought-provoking book, Orth ventures through that vast and mysterious territory to uncover the real, unfiltered Russia not seen in today's headlines: authentic, bizarre, dangerous, and beautiful. See...

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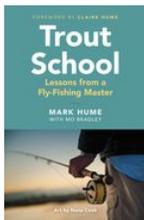
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Technology & Engineering
May 28, 2019
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Vanishing Fish: Shifting Baselines and the Future of Global Fisheries

Daniel Pauly, Jennifer Jacquet

From renowned marine biologist Dr. Daniel Pauly, a fascinating analysis of our collapsed global fisheries and a revolutionary vision for their future. The world's fisheries are in crisis. Their catches are declining, and the stocks of key species, such as cod and bluefin tuna, are but a small fraction of their previous abundance, while others have been overfished almost to extinction. The oceans are depleted and the commercial fishing industry is...

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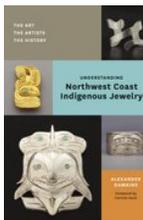
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Sports & Recreation
Apr 9, 2019
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Trout School: Lessons from a Fly-Fishing Master

Mark Hume, Mo Bradley, Clare Hume

From the wisdom of fishing legend Mo Bradley, an essential guide to fly fishing for trout in the Thompson-Okanagan. Among fly fishers, the Kamloops region in British Columbia's Thompson-Okanagan is known as one of the best places in the world for catching trout. It owes its reputation in part to Mo Bradley, a man of humble origins now known as a pioneer of fly-fishing culture. In Trout School, award-winning author and journalist Mark...

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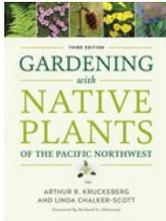
9781771642972
Paperback | \$24.95
Art
Jun 4, 2019
Ctn Qty: 1

Understanding Northwest Coast Indigenous Jewelry: The Art, The Artists, The History

Alexander Dawkins, Corrine Hunt

As beautiful as it is useful, Understanding Northwest Coast Indigenous Jewelry is an invaluable tool for anyone interested in learning about or deepening their understanding of a fascinating craft. Indigenous hand-engraved jewelry from the Pacific Northwest Coast is among the most distinctive, innovative, and highly sought-after art being produced in North America today. But these artworks are more than just stunning, eye-catching...

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Gardening with Native Plants of the Pacific Northwest

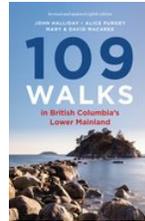
Arthur Kruckeberg, Linda Chalker-Scott

With hundreds of stunning color photographs and new chapters by horticulturist Linda Chalker-Scott, this fully updated edition of one of the Pacific Northwest's favorite gardening books is more extensive and user-friendly than ever before. This fully-updated third edition of Gardening with Native Plants of the Pacific Northwest includes revised designations for species, genus, and family names for numerous native plants, and over 900 beautiful [\[more\]](#)

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Gardening
Apr 2, 2019
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109 Walks in British Columbia's Lower Mainland

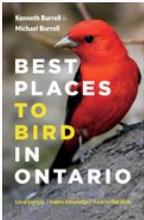
John Halliday 🍁, Alice Purdey 🍁, Mary Macaree 🍁

A fully updated edition of the Lower Mainland's bestselling walking guidebook, featuring a wider range of trails than ever before. Since its first edition in 1976, 109 Walks has guided more than 100,000 locals and visitors alike to the best viewpoints, urban forests, and coastal headlands of British Columbia's stunning Lower Mainland. This latest edition continues and builds on the legacy of its beloved predecessor with more than twenty completely [\[more\]](#)

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Sports & Recreation
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Best Places to Bird in Ontario

Kenneth Burrell 🍁, Michael Burrell 🍁

An insider's guide to the best birding in Ontario, featuring thirty highly recommended sites. It's no secret: Ontario's rich natural landscape and diverse wildlife provides some of the most exceptional birdwatching Canada has to offer, attracting thousands of bird-lovers each year. In this user-friendly guidebook, local experts Mike and Ken Burrell show us why. Outlining thirty of their personal favorite spots at which to enjoy the birding [\[more\]](#)

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Nature
May 7, 2019
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Hormone Power: Transform Your Diet, Transform Your Life

Marjolein Dubbers

Simple tips and recipes to help women balance their hormones, boost their energy, and change their lives. What if you could feel happier, more energized, and less stressed, simply by changing the way you eat? In this informative book, vitality expert Marjolein Dubbers offers effective, easy-to-follow advice women can use to take charge of their hormones, improve their mood, and transform their health—one bite at a time! [\[more\]](#)

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Health & Fitness
Apr 14, 2019
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Rise of the Necrofauna: The Science, Ethics, and Risks of De-Extinction

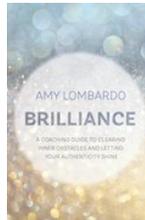
Britt Wray 🍁, George Church

Jurassic Park meets The Sixth Extinction in Rise of the Necrofauna, a provocative look at de-extinction from acclaimed documentarist and science writer Britt Wray. A New Yorker "The Books We Loved in 2017" Selection and Science News Favorite Book of 2017, A Sunday Times "Must Read" What happens when you try to recreate a woolly mammoth—fascinating science, or catastrophic catastrophe? In Rise of the Necrofauna, Wray takes [\[more\]](#)

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Paperback | \$21.95

Science
May 21, 2019
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Brilliance: A Coaching Guide to Clearing Inner Obstacles and Letting Your Authenticity Shine

Amy Lombardo

Transform your inner potential into meaningful, authentic change in the world with this unique coaching guide. Many are working to live purposeful lives, but subconscious obstacles can often prevent us from opening and connecting to our potential to make meaningful change in the world. Brilliance presents a coaching method to clear out the baggage and activate our inner wisdom. In this book, empowerment coach and author Amy [\[more\]](#)

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Parenting Right From the Start: Laying a Healthy Foundation in the Baby and Toddler Years

Vanessa Lapointe 🍁

Recent scientific research indicates a strong sense of connection between parents and children teaches children how to regulate emotions, master social skills, and develop a healthy sense of identity—essentially how to grow up. Unfortunately, many accepted parenting practices disrupt connection rather than fostering it, which may lead to lasting behavioral and emotional issues in children. According to Dr. Vanessa Lapointe, author of the book [\[more\]](#)

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Love of the Salish Sea Islands: New Essays, Memoir and Poetry by 36 Island Writers

Mona Fertig 🍁

An Anthology of New Essays, Memoir and Poetry by 36 BC Writers. A treasury of writing celebrating the importance and beauty of our island archipelagos. Thirty-six accomplished writers share their love of the islands in the Salish Sea. Through new essays, memoir and poetry, they reveal how islands are special places of unique and lively communities within a rare and beautiful ecosystem, with diverse indigenous, settler, creole, and outsider [\[more\]](#)

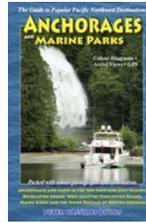
9781896949734
Paperback | \$22.95

Literary Collections
May 15, 2019
Ctn Qty: 1

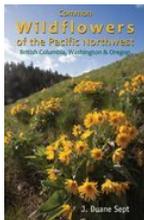
MOTHER TONGUE PUBLISHING
200 pages

**Little Red: new poetry**Kerry Gilbert 

In Little Red, Gilbert tells a contemporary verse version of the tale of Little Red Riding Hood. Little Red Riding Hood is one of the original didactic stories about missing and murdered girls/women in a long history of this kind of violence against women—especially in earlier versions where “Wolf leapt upon Little Red Riding Hood and gobbled her up.” It’s also a deeply entrenched trope in gender roles. In Little Red, Gilbert tells a contemporary

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Paperback | \$19.95**Poetry**Feb 15, 2019
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Paperback | \$34.95**Travel**Mar 15, 2019
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328 pages**Common Wildflowers of the Pacific Northwest: British Columbia, Washington and Oregon**J Duane Sept 

Wildflowers are all around us! Whether on a hike, in the backyard or in the living room, readers will be inspired by the stunning photography and informative text in this new guidebook. The guide includes more than 130 wildflower species, arranged by family so readers can find and identify similar species nearby. A concise color guide to wildflowers features photos arranged by flower color so readers can quickly find and identify species. For each flower

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Motorcycle Messengers 2 is another collection of stories from some of the leading writers in the motorcycle travel genre. Consider it a sample pack of travel tales. Billy Ward spends a night out beside a broken motorcycle, considering defense strategies against hungry lions and lascivious hippos in Africa. Carla King wrestles with conflicting emotions after crashing her motorcycle in India. Sam Maricam battles bulldozers and heat exhaustion

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